

Fresh Fruit and Vegetable Program

Fruit & Vegetable Pairings

Apples and Bell Peppers

Recipe

Ingredients:

- Any apple variety will work—consider Honeycrisp, Granny Smith, Red Delicious, Cripps Pink, Fuji, Gala, or Golden Delicious.
- Bell peppers (yellow, orange, red, or green)

Directions:

- Slice apples into wedges; place two in each serving cup.
- Slice the tops off bell peppers; pull out membranes and seeds from inside. Cut in half, then cut each half into 1/2-inch-thick strips. Place three strips into each serving cup.

Activity

Class survey of favorite produce:

- For younger grades, take a simple survey by raising hands for who liked the apples most versus who liked bell peppers most. Have students describe what they enjoyed most about the item they voted for.
- For older grades, have students ask 10 classmates which apple they liked best, and keep a tally of the results. Create a bar graph illustrating the results.

	Apple	Bell Pepper
Number of students		

References:

1. Persimmons. <http://www.mlevinco.com/>. Accessed February 8, 2017.

Snap Peas and Cantaloupe

Recipe

Ingredients:

- Snap peas
- Cantaloupe

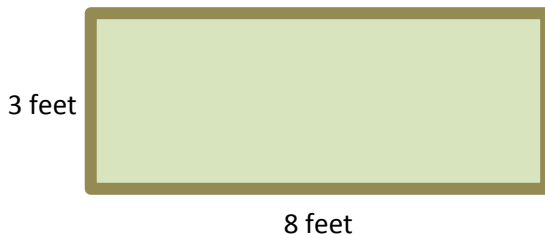
Directions:

- Slice cantaloupe in half; scrape out seeds and core. Slice into wedges.
- Place three sugar snap peas in a serving cup with one cantaloupe wedge.

Activity

- For younger grades, have students measure the cantaloupe wedge and snap peas with a ruler.
- For older grades, have them calculate the following math problems:

1. Calculate the area of the garden plot (answer: $3 \times 8 \text{ ft.} = 24 \text{ sq. ft.}$).



2. You are planting two rows of snap peas. If each seed must be 1 inch apart from each other, and each row begins 6 inches in from each side, how many seeds do you need total? (Answer: $8 \text{ ft.} - 1 \text{ ft.} = 7 \text{ ft.} \times 12 \text{ inches} = 84 \text{ inches} / 1 \text{ inch} = 84 \text{ inches} = 85 \text{ seeds}$ [includes +1 seed for planting a seed at 0 inches] $\times 2 \text{ rows} = 170 \text{ seeds per } 24 \text{ sq. ft.}$)
3. Now imagine you are planting one row of cantaloupe. If each seed must be 3 ft. apart, and each row begins 6 inches in from each side, how many seeds do you need? (Answer: $8 \text{ ft.} - 1 \text{ ft.} = 7 \text{ ft.} / 3 \text{ ft.} = 2.33 \text{ seeds} = \text{two seeds}$)

References:

1. Snap peas. Bing images. <http://honestcooking.com/wp-content/uploads/2014/06/snap-peas.jpg>. Accessed February 8, 2017.
2. Cantaloupe. M Levin & Co. Fresh Fruits & Vegetables website. <http://www.mlevinco.com/cantaloupe/>. Accessed February 8, 2017.

Peaches and Cherry Tomatoes

Recipe

Ingredients:

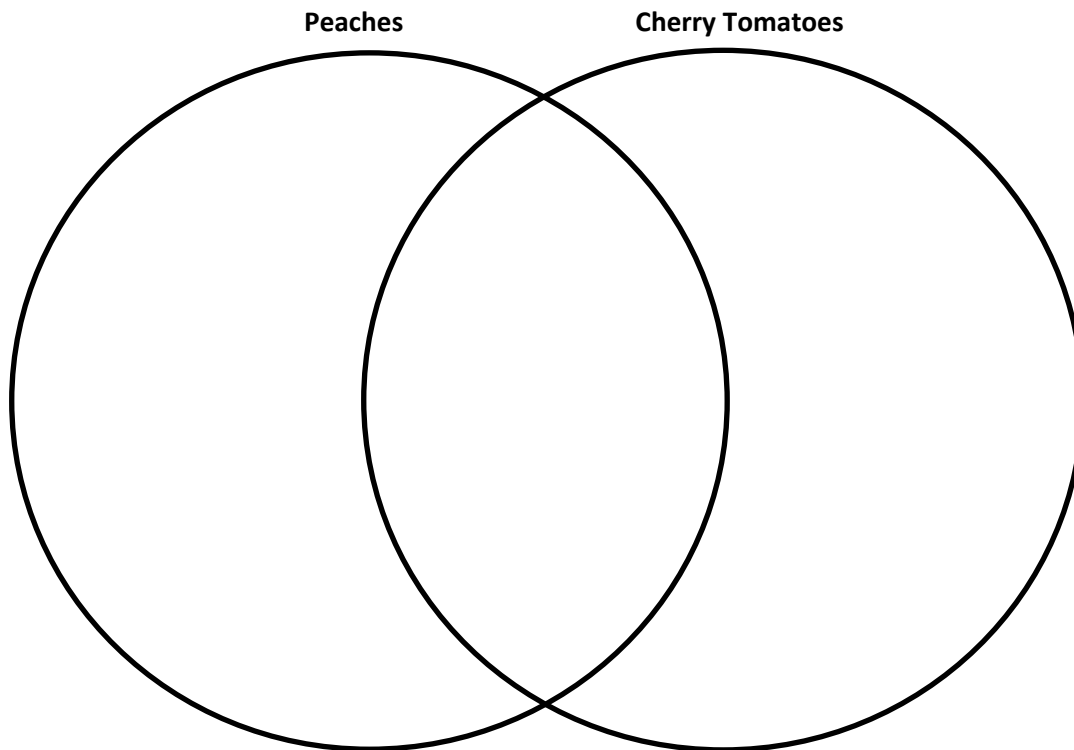
- Peaches, cut in half
- Cherry tomatoes

Directions:

- Place 1/2 a peach in a serving cup.
- Place three cherry tomatoes in other half of the serving cup.

Activity

- Venn diagram: list differences/similarities in how and where peaches and plums grow, flavor, texture, shape, peel, produce classification (fruit or vegetable?), seed type, and color.



References:

1. Cherry tomatoes. Jolife website. http://jolife.info/en/product_cherry-tomatoes_20.html. Accessed February 8, 2017.

Persimmons and Carrots

Recipe

Ingredients:

- Persimmons
- Baby carrots or whole carrots

Directions:

- Slice persimmons in half. Cut four wedges out of each half.
- If necessary, peel carrots. Cut into circular discs.
- Place persimmon wedges and carrot discs into serving bowls.

Activity

- Quick facts: persimmons and carrots are rich in vitamin A, which gives them their orange color. Vitamin A helps maintain good eyesight. One way to remember this is to look at the carrot that has been cut into discs. Each one resembles the anatomy of the eye!
- Have students brainstorm and list/draw other orange fruits and vegetables. (Examples: sweet potatoes, carrots, winter squash [including butternut/acorn/kabocha/turban squashes], pumpkins, cantaloupe, bell peppers, tomatoes, papaya, mango, grapefruit).
- For higher grade levels, you can also mention non-red/orange foods that provide vitamin A, including cod liver oil, eggs, milk, butter, spinach, broccoli, kale, and collards.

References:

1. Vitamin A. Oregon State University: Linus Pauling Institute, Micronutrient Information Center website. <http://lpi.oregonstate.edu/mic/vitamins/vitamin-A>. Accessed February 8, 2017.
2. Vitamin A. World's Healthiest Foods website. <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=106>. Accessed February 8, 2017.
3. Persimmons. <http://www.mlevinco.com/>. Accessed February 8, 2017.
4. Carrots. Baby Food Recipes website. <https://i2.wp.com/homemade-baby-food-recipes.com/wp-content/uploads/2014/03/carrot-baby-food.jpg?resize=768%2C531>. Accessed February 8, 2017.

Blood Oranges and Cauliflower

Recipe

Ingredients:

- Blood orange
- Cauliflower

Directions:

- Cut oranges into wedges.
- Cut cauliflower into bite-sized florets.
- Place two orange wedges and three cauliflower florets into each serving bowl.

Activity

- Art project (collaborative or individual): The artist Giuseppe Arcimboldo painted “Vertumnus” in 1590 using different fruits and vegetables to create the human form. Draw your own picture of a landscape, person, or object using fruits and vegetables—including cauliflower and blood oranges!

References:

1. Blood orange image. Food and Style website. <http://foodandstyle.com/blood-orange-and-valencia-orange-salad-with-olive-vinaigrette/>. Accessed February 8, 2017.
2. Cauliflower. <http://www.mlevinco.com/>. Accessed February 8, 2017.
3. Arcimboldo, Giuseppe. Vertumnus. Web Gallery of Art website. http://www.wga.hu/html_m/a/arcimboldo/composi/1vertum.html. Accessed February 8, 2017.

Grapes and Baby Okra

Recipe

Ingredients:

- Grapes
- Baby okra

Directions:

- Wash and separate grapes into 1/3 cup servings in serving bowls.
- Slice okra in half; keep membranes and seeds intact.
- Place three slices of okra in serving bowls with grapes.

Activity

With each bite, consider a different characteristic using descriptive adjectives and record in the table below. For younger students, this activity can be completed verbally.

Descriptions	Grapes	Okra
Color		
Texture (how it feels in hands and when chewing)		
Smell		
Sound (when chewing)		
Taste		

References:

1. Grapes. <http://www.mlevinco.com/>. Accessed February 8, 2017.
2. Okra. <http://www.mlevinco.com/>. Accessed February 8, 2017.

Blueberries and Cucumber

Recipe

Ingredients:

- Blueberries
- Cucumbers

Directions:

- Slice cucumbers into 1/4" thick discs, then cut in half.
- Combine cucumbers and blueberries in plastic bags.
- Alternate serving suggestion: arrange four cucumber halves in a circle with the flat edges facing in. Place blueberries in the center of cucumber arrangement.

Activity

Ecosystems & Food Chains:

- Discussion: Explain that all plants (including blueberries and cucumbers) are primary producers, meaning they make all their own food using sunlight, water, and nutrients in soil.
- Brainstorm animals that eat blueberries and cucumbers (deer, rabbits, squirrels)—primary consumers.
- Brainstorm secondary consumers that consume primary consumers.
- Brainstorm tertiary consumers that consume secondary consumers.
- Brainstorm quaternary consumers that consume secondary consumers.
- For students at higher grade levels, have them brainstorm and draw diagrams of the food chain independently, then compare answers as a group.

References:

1. Blueberries. <http://www.mlevinco.com/>. Accessed February 8, 2017.
2. Cucumbers. Beauty Revealer website. <http://beautyrevealer.com/did-you-know/cucumber>. Accessed February 8, 2017.